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Bangalore Mirror

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GAME OF ACHES

Excessive, prolonged engagement in digital games can pose musculoskeletal hazards

PAGE 2

POP QUIZ

KSPCB intensifies monitoring, but citizens say PoP Ganesha idol use continues

PAGE 4

New building for Cox Town Market was built in 2015; space has 26 shops but all of these are shuttered down, while vendors still continue business on footpath

SHUTTER ISLAND

No space for pedestrians or commuters, but BBMP not yet allocating shopkeepers their space

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The city is full of markets like Russel Market, Madiwala Market, KR Puram Market that have been upgraded with dedicated space for the vendors and other shopkeepers. However, there is one market that has been built in 2015 and is all ready too, but it is still not made open to the vendors to shift their businesses to. Yes, we are talking about Cox Town market.

According to the details available from the residents who have been staying in the area for years, a local Cox Town Market existed for 65 years in that area. In 1999, the local corporation decided to rebuild the market building. During this process, the shopkeepers were given makeshift shops on the footpaths and were asked to move there. One of the residents even went to the court and filed a case as the residents were deprived of their right to walk in peace on the footpath due to the encroachment of the space.

However, the situation remained the same for years and the residents welfare association along with

CONTINUED ON PAGE 8 »

KAUSHIK JN

"It has been more than a decade now and we are still waiting for a dedicated market. All the shopkeepers and vendors are even ready to move, but the BBMP has not given them any date

— Resident of the area

Up for a walk? This dog sure is

Stray joins activists on padayatra, reaches Bengaluru from Belthangady

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This is the story about the lengths man's best friend goes to in order to express its solidarity. A stray dog, who joined a group of activists during a padayatra from Belthangady near Dharmasthala, has now reached Bengaluru along with his human companions.

The Karnataka Rashtra Samiti members were out on the padayatra to the city, seeking justice for Sowjanya. They began the padayatra on August 26 and reached Dharmasthala by evening. The stray dog joined them on August 27 morning as they began walking from the Nethravathi Bathing Ghat.

"A few of our volunteers noticed a stray dog following us when we were at Charmadi Ghat. We tried to shoo away the stray dog but it continued following us. We make it wear a collar after that so that it is safer and does not face the risk of accidents or fights with other stray dogs," said Karnataka Rashtra Samiti president Ravi Krishna Reddy.

CONTINUED ON PAGE 8 »

Salute to heroes

On the occasion of National Forest Martyrs' Day, police personnel paying tribute at the Forest Martyrs' Memorial in the premises of Aranya Bhavan, in Bengaluru on Monday

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Love gaming? Maybe it's time to take a break

Excessive and prolonged engagement in digital games can be associated with several musculoskeletal hazards, says study

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Digital games are said to have become an important part of leisure activities in the daily lives of adolescents and young adults. There are several types of games for various age groups and genders. In recent years, increased exposure and access to digital games have attracted more adolescents and young adults to gaming. However, recent research has found that digital gaming makes musculoskeletal symptoms one of the most common physical health hazards.

This has been published in a research paper titled 'Digital gaming, musculoskeletal, and related health hazards among adolescents and young adults,' written by some of the city doctors.

The study was published in the Indian Journal of Psychiatry, and the paper highlights the issue of how excessive use of digital games can be associated with several physical and psychological health problems. The musculoskeletal hazards range from tendinitis of the thumb, hand, wrist, and elbow (known as nintendinitis or nintendonitis) to palmar ulceration.

Gaming addiction is common in adolescence and young adults

"In digital gaming, the posture and long duration of sitting while playing games on a mobile, computer, or even PlayStation can develop muscular fatigue –Dr Satish Kumar CR, Manipal Hospital

Dr Satish Kumar CR, Consultant, Clinical Psychology at Manipal Hospital Old Airport Road, who is one of the authors in the research paper, said, "I see many patients with back pain, leg pain, and shoulder pain. The use of screens like gaming, networking, or binge-watching leads to these health issues. In digital gaming, the posture and long duration of sitting while playing games on a mobile, computer, or even PlayStation can develop muscular fatigue, which decreases the muscles' ability to perform over time. Apart from gaming addiction, when a person is gaming for 3–4 hours a day, their body stiffness and rigidity increase. In the long run, the body slowly starts to give up, and it turns into chronic pain. Chronic pain is something that cannot be gotten rid of and can be managed only through physiotherapy."

The research paper also emphasised that, apart from musculoskeletal symptoms, gaming has also been found to be associated directly or indirectly with other health hazards like sleep issues, fatigue, obesity, headaches, anxiety, stress, digital eye strain, and epilepsy.

Dr Kumar explained, "Gaming addiction is more common in adolescence and younger adults. Physical hazards like headaches, stress, and eye strain are the most reported cases. Prolonged near-term adaptation (blurred vision, difficulty in focusing, and headaches), issues related to dry eye syndrome, and exacerbation of pre-existing vision problems (hyperopia, myopia, astigmatism, and adaptive disorders) were observed commonly, along with symptoms due to poor posture and prolonged immobilisation, such as neck pain, tension headaches, and other atypical musculoskeletal pain while gaming."

With the higher incidences of gaming addiction and the associated interrelated health hazards, there need to be measures to enhance awareness among adolescents and younger adults to help them adapt to healthy behaviours and reduce health hazards.

"It is important to explain to children the potential dangers of gaming addiction. Parents should also set an example by avoiding the use of phones after work hours. Apart from this, parents should offer support and help them engage in family and peer activities," added Dr Kumar.

2 THINGS TO DO

01 Classical touch

Grab the chance to watch some of the renowned artists perform the intricacies of Indian classical dance traditions woven around a myriad of mythological tales, providing parallel insight into the aspirations of the modern world. The event is presented by the Nrityangana Institute of Performing Arts. Artists such as Dr Tina Tambe, Guru Leena Mohanty, Dr Raksha Karthik, Guru Swapna Rajendrakumar, will be performing.
Where: Seva Sadan, Malleswaram
When: Saturday, September 16; 6:15 pm

02 Musical night

One of the most lively venues in Bengaluru is set to bring a night of electrifying music and nostalgia to music enthusiasts. Trouble Clef will take the stage to lead the audience on a musical journey this weekend through the iconic radio classics of Deep Purple.
Where: Hard Rock Cafe, St Mark's Road
When: September 16; 9 pm

Foldable cycles in metro: What was the rule again?

Security personnel at stations not aware if cycles allowed, many metro users stopped at gate

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Despite Bangalore Metro Rail Corporation Limited (BMRCL) having issued a notice regarding foldable bicycles being allowed on metro trains, much confusion still prevails among security personnel, claim cyclists in the city.

Vikas, an IT employee and frequent commuter of the metro, said that he has often come across security personnel stopping those with foldable cycles from entering the premises.

"Often IT employees using the cycles for first and last mile connectivity do come to take the metro. The security person catches them at the AFC (Automated Fare Collection) gates and says that the bicycles cannot be allowed through. It causes much confusion and hold up while also discouraging those cyclists from using public transportation systems," he said.

Bicycle mayor Sathya Sankaran told Bangalore Mirror that the number of people using foldable cycles has been on the rise. Despite this, many have had to get clarifications with the security personnel, he said. "We are also asking for the metro to quickly create parking spaces for normal cycles. We have requested the Directorate of Urban Land Transport (DULT) to lend its expertise on extending the parking spaces," he said.

Lack of parking space

According to data collected on AltMo, a climate action platform quantifying the impact of climate positive sustainable transport choices, out of 57 metro stations in the city, only 37 have parking spaces. Sankaran explained that many of these parking spaces do not have a designated cycle parking space and it is unclear if cyclists are to pay a fee for parking.

"While the BMRCL has said that parking for cycles must be allowed free of cost, it has not issued a specific notification regarding the issue, leaving the public uninformed. In parking premises that do not have a designated space, cyclists are forced to pay the amount charged for two-wheelers," he explained.

He urged the authorities to reissue notifications on both the issues – allowing of foldable bicycles on metro coaches as well as free parking for cyclists outside the premises and to sensitise their security personnel regarding the same.

> **"Currently, Delhi and Bengaluru are not allowing normal cycles due to security constraints. We are open to the idea, but to the metro, it is too radical a thought**

Sathya also urged the BMRCL to also consider allowing cycles. "Currently, Delhi and Bengaluru are not allowing normal cycles due to security constraints. We are open to the idea, but to the metro, it is too radical a thought," he said.

In 2019, after Bengaluru cyclists started an online petition and much more lobbying took place asking that cycles be allowed on Namma Metro, the BMRCL had directed its security officials to allow foldable bicycles on the metro trains that can pass through the luggage scanners. In June last year, in a statement, BMRCL clarified and said that the people carrying foldable bicycles should be in the last coaches of the metro trains to avoid inconvenience to other passengers.

Garbage disposal: HC for raising fine, initiating criminal action

The High Court of Karnataka has suggested that authorities in Bengaluru increase the penalty imposed on people who violate the Solid Waste Management Rules and take criminal action against them under the Indian Penal Code (IPC), as the current penalty is inadequate to work as a deterrent.

Considering a report that showed that the city municipal corporation, Bruhat Bengaluru Mahanagara Palike (BBMP), had collected a penalty of only Rs 11.66 crore from 3.84 lakh violators of the Rules between 2019 and 2023, the high court said the penalty amount recovered from each violator is too small to work as a deterrent.

The division bench of Chief Justice Prasanna B Varale and Justice Krishna S Dixit was hearing a batch of 12 public interest litigations seeking effective management of waste generated in Bengaluru. The first such PIL dates back to 2012 and the court has issued several directions to the State and BBMP over the years. Apart from increasing the penalty, the HC suggested that "BBMP may also consider initiating penal action against violators taking recourse to appropriate provisions of IPC."

Several resident welfare associations in Bengaluru, apart from the state government and BBMP, are respondents in the PIL. The HC said, "If the apartment owners, flat owners or members of cooperative society are found to be violators, the respondent BBMP is required to take appropriate steps against the violators."

The HC directed BBMP and the Karnataka State Pollution Control Board to file affidavits on the action taken on the directions issued by the court, and adjourned the hearing to October 11. **PTI**

Vehicles gone, police apathetic, victims desperate

City records more than 3,000 cases of motor vehicle theft in 2023; increase in such cases each month

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A Bengalurean has been posting on X (Twitter) for the last six months that his vehicle was stolen from Murgeshpalya, claiming that the police have not taken any action so far to retrieve his bike.

According to the victim, despite providing the police with CCTV footage, visiting the police station and asking for updates on social media every month, there has been no follow-up on his vehicle.

"Despite an FIR being registered, nothing has been done. I checked on the Karnataka State police app to see what the update on my FIR is, but after filling the details it shows that no case has been registered against the vehicle," claims the victim.

He said it has been more than six months since his bike was stolen. "Local police are saying that they can't find the culprits and people who were earlier in the station are now transferred so new people have come and they are not taking my case seriously," he added.

Another vehicle theft victim BM talked to said their vehicle was stolen from a PG parking area in Ejipura this year. "Once the vehicle is gone, we know in our head that we are not getting it back, mainly because the Bengaluru police don't take cases of stealing and theft seriously. They didn't even come to the PG to question people or check CCTV footage. The action was limited to filing an FIR and forgetting about it."

The city has recorded more than 3,000 cases of motor vehicle theft in 2023. According to the data by Karnataka state police, Bengaluru city has recorded 3,203 motor vehicle theft cases.

The data highlights that the number of cases for vehicle theft is seeing an increase every month. In January, the city recorded 379 cases of motor vehicle theft that saw an increase every passing month. Bengaluru recorded 426 cases in May, 552 cases in June and 717 cases in July.

Though the police catch vehicle thieves every now and then, somehow that doesn't make a difference. A police source told BM that even if the police catch the thieves, they are easily let out on bail.

"Unless they are not caught in multiple cases, getting bail is not very difficult. When they are released, the culprits go back to doing what they were doing earlier," said the police.

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Time to keep a close watch

KSPCB intensifies monitoring of PoP Ganesha idol manufacturers; citizens say that despite ban, manufacturing of PoP idols has continued for years

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The Bruhat Bengaluru Mahanagara Palike (BBMP) authorities, Karnataka State Pollution Control Board (KSPCB) environmental engineers, and police have been organising meetings and awareness programmes to enforce the ban on plaster of paris (PoP) Ganesha idols, but the sale, worship, and immersion of such idols in water bodies across the state continue without any hassles during the Ganesh festival all these years.

The KSPCB banned the use of PoP Ganesha idols in August 2016. It is ironic and shocking to see that the making of PoP Ganesha idols continues in the city, and the authorities concerned continue to fail to act tough against those making, marketing, worshipping, and immersing PoP Ganesh idols in the last seven years.

On the first day of the Ganesha festival last year, thousands of PoP Ganesha idols were immersed at designated locations across the city. It has become a routine for the authorities concerned to organise one or two meetings and issue directions to their subordinates to enforce the ban on using PoP Ganesha idols during the Ganesha festival.

Many environmentalists are not ready to agree with the KSPCB and the BBMP authorities' claims about the measures taken to implement the ban on PoP Ganesha idols not only in the city but across the state.

A PoP Ganesha idols making unit at Marasandra on Doddaballapur Road; Marshals guarding a PoP unit, which was sealed by KSPCB

"Temporary sheds are put up to facilitate the making of PoP Ganesha idols on the outskirts of the city, Doddaballapur, and other towns around Bengaluru. I came to know that environmental engineers in those respective areas are doing nothing to prevent people from making and marketing PoP Ganesha idols. One can see a huge temporary shed near Marasandra on Doddaballapur Road where PoP Ganesha idols are being made," said a resident of Shivajinagar who owns land near Doddaballapur.

Ramprasad V, co-founder of Friends of Lakes, said that manufacturers of PoP Ganesha idols continue making such idols even though they promised not to make PoP Ganesh idols from 2017 onwards. "The manufacturers of PoP Ganesha idols told KSPCB authorities, while pleading to allow them to sell PoP Ganesh idols in 2016, when the ban came into force, that they would not make PoP Ganesha idols from 2017, but they have continued making PoP Ganesh idols all these years. I am of the opinion that KSPCB authorities neither have the will nor the commitment to implement the ban on making PoP Ganesha idols," said Ramprasad.

It may be recalled that BBMP Chief Commissioner Tushar Giri Nath addressed a meeting attended by officials of various departments a few days ago. He narrated to them about the measures to be taken to make the Ganesha festival green.

Meanwhile, KSPCB Environmental Engineer Yateesh told Bangalore Mirror that the KSPCB has organised awareness programmes at the regional level on the importance of preventing PoP Ganesha idols from being immersed in water bodies. "We have stepped up the vigil on manufacturers of PoP Ganesha idols. We sealed a manufacturing unit of PoP Ganesha idols on the outskirts of the city a few days ago. We posted Marshals to guard the PoP Ganesha idol manufacturing unit. We have decided to register a criminal complaint under the Water (Prevention and Control of Pollution) Act, 1974, against the people responsible for making PoP Ganesh idols," said Yateesh.

The KSPCB wrote letters to all the authorities concerned, including the Commissioner of Commercial Taxes, the Commissioner of Police, the Transport Commissioner, and the Director General of Police, urging them to take suitable action against those people manufacturing, transporting, and marketing PoP Ganesha idols, he informed.

"Use of PoP Ganesha idols during the Ganesha festival can be avoided if the police refuse permission to put up a pandal for installing PoP Ganesh idols and the transport department confiscates vehicles transporting PoP Ganesha idols," he added.

Govt decides to include plant nurturing in the curriculum

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Minister of Forests, Ecology and Environment Ishwara B Khandre has suggested that a curriculum that promotes the importance of the natural environment and encourages students to nurture plants should be included in classes 6 to 12.

The minister was speaking at an event organised to launch the 'Sasya Shyamala' programme to plant 50 lakh saplings in and around schools that was announced in the recent state budget. He inaugurated the plan by planting saplings on the premises of Halekote Government High School near Chamarajpet, Bengaluru.

Every government school to receive 50 saplings

On the occasion, the Primary and Secondary Education Minister, Madhu Bangarappa, decided to give away 50 saplings to every government school. He said that Shyamala Yojana aims to take care of and make children grow plants with the love of their saplings. He said that it is a matter of pride that this programme is being launched in the historic Kote School, where Kengal Hanumantayya, the builder of Vidhana Soudha, studied.

The Minister also announced that in 17 districts, including Kalyan Karnataka, with sparse green cover, instead of 50 saplings, 100 saplings will be provided to schools under the yojana.

The government will plant 25 crore saplings across the state over the next five years, starting July 1. This year, 5 crore saplings are to be planted under the Vanamahotsav and subsequent programmes. The Minister also informed that out of the 5 crore planned plantations, 4 crore saplings have already been planted since July 1.

"All these plants are geo-tagged, and an audit will be done to see how many plants survive after five years," said Khandre.

Bangarappa said that it has been decided to plant saplings in government schools in collaboration with the Forest Department, and the department has given 50 lakh saplings free of charge. He requested that another 10 lakh saplings be required and supplied. The Forest Minister immediately responded and agreed to provide 10 lakh additional saplings.

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Light it up
Rajagopal Nagar

A significant portion of the GKW Layout Park, located in Rajagopal Nagar, is grappling with a lack of proper illumination. As night falls, the park becomes engulfed in darkness, posing potential hazards to visitors.

Spoiling looks
JP Nagar

On the west side exit of the GR Vishwanath underpass in JP Nagar, situated directly beneath the Puneet Rajkumar Road sign, trash on the footpath spoils the beauty of our beloved city.

Wall on footpath
Jayanagar

A building owner has added a partition wall on the footpath, and on the opposite side, there's an encroachment of three feet. Even after finishing construction, debris has been left at the 4th Block of Jayanagar's 7th Main Road.

New contract for Ejipura flyover vs. plea to halt work

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The State Cabinet on Thursday approved a new contract to complete the Ejipura flyover. The flyover that has been on hold for five years now may see the light of day if the Hyderabad-based firm that bagged the contract, completes the pending work on the Koramangala 100 Feet Road. However, an online petition has been initiated to halt the process entirely. Started by Bengaluru Mobility, the petition says that the project will hamper the metro line proposed on the Inner Ring Road in the Revised Master Plan (RMP) 2031 by Bangalore Development Authority (BDA) and in the Comprehensive Mobility Plan (CMP) by the Directorate of Urban Land Transport (DULT) and the Bangalore Metro Rail Corporation Limited (BMRCL).

Sandeep Anirudhan, Convenor – Bengaluru Mobility/Citizens' Agenda for Bengaluru, noted that in both the RMP and CMP plans, metro lines run through the same stretch. He further noted that a High Court judgement also says that a 'non-plan' project cannot be taken up. "It is a non-statutory project. A plan must be a portion within the master plan, only then can a project of this scale be taken up. The city has committed violations of the due process multiple times," he explained, adding that according to RMP and CMP, metro lines must be running through the stretch.

Bengaluru Mobility's petition says project will hamper the metro line proposed on the Inner Ring Road in Revised Master Plan

The Ejipura flyover measuring 2.5 km will connect the Ejipura Main Road on the Outer Ring Road junction to Kendriya Sadan in Koramangala 100 Feet Road. Simplex, one of the previous contractors, has nearly finished over 40% of the works (67 of the 81 pillars of the flyover). It has resulted in a cost escalation of close to Rs 104 crore since the flyover completion has seen long delays and has not had a consistent contractor.

According to the Cabinet, the project will now cost Rs 307.96 crore, from the original Rs 204 crore when the project initially began in 2017. "One of the reasons for contractors to not pick up on the project is the safety norms involved. If the project will be completed with the existing infrastructure, contractors have to check for structural integrity since it has been left untouched for so long. It is a huge safety risk and will likely have to be demolished, and started afresh," said Anirudhan, adding that the extra funding can instead be used for building of a metro line on the same stretch.

He added that the flyover will only shift the point of congestion. "The flyover will bypass Kormangala but Indiranagar and Hosur Road will still be congested," he said.

Lot lake love: Can citizens be allowed to do their bit?

BBMP urged to get clarification from court if citizen-led groups can chip in to ensure lakes are not neglected

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Some lakes like Jakkur need donations for revival as they are large in area, say citizens groups

The Karnataka High Court in 2020 had issued directions to the state to not sign any Memorandum of Understanding (MoU) for maintaining lakes with private entities until further orders. Though citizen-led lake groups are not "corporate entities", BBMP chose to be cautious and stop all MoUs.

The hearings by lake groups were postponed, but this year, the hearings resumed and citizens have sought definite clarification from the court on being able to revive MoUs with non-corporate entities.

Rajagopalan R, President of JP Nagar Resident Welfare Association (RWA) approached the BBMP Chief Commissioner, Tushar Girinath, for BBMP to seek clarification from the court.

According to the citizen groups, several lakes have gone back into a state of neglect as no one is allowed to maintain them. The lakes that were getting developed have again started to deteriorate, they said. "During the recent hearing of action plans submitted by BBMP for prevention and removal of encroachments of storm-water drains and lakes to the High Court of Karnataka, BBMP lost the opportunity to seek a clarification. So, we want the BBMP to seek clarification as many NGOs and citizen-led groups were working for the revival of lakes," said Rajagopalan.

In the letter he stated, " I request you to direct all BBMP departments concerned to first take the necessary steps and prepare the paperwork to get this resolved without fail during the next hearing. Meanwhile please invite all stakeholders for public consultation on any modified version of MoU proposed or tabled in preparation for rollout subject to approval. Time is of the essence as several citizen group rejuvenated lakes have slipped back into a state of neglect."

When BM had reached out to a few citizen groups that had an MoU with the civic agency to find out how it had impacted the lakes. Mukund Kumar from Iblur Environs Trust (IbEnT) said, "We have been making consistent efforts with the government. We have got an optimistic response from the Special Commissioner, Lakes. As of now, the government is keen to augment sources of funding. The challenge right now is maintenance of the lake. However, BBMP manpower is severely crunched. We understand that the BBMP lakes department's intentions are good but they are in no position to get the required staff."

According to Kumar, since the recent restoration work, Iblur Lake is doing well. "However, there are challenges like water quality. We want to be able to do stringent monitoring. We want to have active maintenance like weed control and bund cleaning. Thirdly encroachments have also started to resurface in the areas around," he said.

Usha Rajagopalan from Puttenahalli Neighbourhood Lake Improvement Trust (PNLIT) said that they are maintaining the Puttenahalli Lake with the donations from the locality. "Lakes like Jakkur and Kaikondrahalli do need donations as they are big lakes. For us, as we are able to get donations from the people of the locality we are still able to maintain the lake. But yes, if we have to undertake some major project, then we will also require CSR funds and for that we have to get into a MoU. We are continuing to work on the lakes with donations as we have put in a lot of effort to get the lake to a stage to what it looks like today and we do not want to give up."

> **During the recent hearing of action plan by BBMP to the HC, the Palike lost the chance to seek a clarification**
>
> –Rajagopalan R, JP Nagar RWA

IN BRIEF

5 die after KSRTC bus rams into lorry in Chitradurga

Five passengers, including a five-year-old child died and eight others injured after a state-owned bus in which they were travelling allegedly rammed into a lorry near Gollahalli in Hiriyur taluk of the district in the early hours of Monday, police said.

The deceased have been identified as Ravi (23), a resident of Maski in Raichur district, Narsanna (5), from Manvi in Raichur district, and Mabamma (35) and Parvathamma (53), hailing from Bengaluru.

The identity of another passenger is yet to be ascertained, they said.

Two of the passengers of the Karnataka State Road Transport Corporation bus died on the spot while three others breathed their last at nearby hospitals where they were immediately rushed for treatment.

The eight injured passengers were shifted to Chitradurga General Hospital and Taluk general hospital in Challakere town where they are undergoing treatment, the police said.

The KSRTC driver is said to have been speeding. **PTI**

Rivalry claims 23 pigeons in Hubballi

In a shocking case, miscreants killed 23 pigeons due to an old rivalry in Hubballi city, officials said on Monday. The incident took place on Saturday in a house located in the Yavagal area.

According to police, the accused had cut the necks of pigeons which belonged to Rahul Dandeli.

Dandeli had been rearing the pigeons for the past six months. The miscreants have barged into the premises and committed the crime. They had also destroyed the nests.

He lodged a complaint with the Hubballi Upanagar police station and suspected the act to be the fallout of an old rivalry. The police have taken up the investigation and were searching for CCTV footage and also gathering inputs on the movement of the people. **IANS**

Bandh called off with assurances

Demands of private transporters to be met in phases: Students, airport travellers, and office-goers bear the brunt of strike

KAUSHIK JN

24-hour strike came to an end by the late afternoon causing distruption to students, airport commuters and office goers

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The 24-hour strike initiated by the private transporters' association came to an end by the late afternoon, despite causing inconvenience with sporadic incidents reported here and there. A massive protest rally led to Freedom Park, where Transport Minister N Ramalinga Reddy intervened to broker a truce. Following this, S Nataraj Sharma, the President of the Federation of the Karnataka State Private Transport Associations, announced the withdrawal of the bandh. Sharma stated, "The Minister has assured us that he will positively consider our demands. More than 15,000 members participated in the protest, and the Minister came here and provided an oral assurance."

Demands to be met in phased manner

Transport Minister Ramalinga Reddy addressed the demands raised during the protest, which included the establishment of a corporation and an app, setting up Indira canteens at the airport, housing facilities, loans, and action against bike taxis and cab aggregators. He acknowledged that several demands had been pending for a long time and some, including the impact of the Shakti scheme on private operators and tax increases, would require the Chief Minister's decision.

Earlier in the day, Chief Minister Siddaramaiah had termed some of the demands by private transporters as "impossible" and not feasible to fulfil.

Difficulty in commuting

The Federation of the Karnataka State Private Transport Associations called for a 'bandh,' resulting in numerous private vehicles such as autos, taxis, maxi cabs, goods vehicles, and corporate buses staying off the roads. This created commuting difficulties for school students and office-goers, especially in Bengaluru, where the bandh garnered significant support. Over 30 private transport organisations and farmers' associations supported the bandh, causing disruption to daily life.

Students hit

The absence of school buses and private transport forced parents to personally escort their children to school. Office-goers and the general public, accustomed to taxis and autos for commuting, had to either walk or rely on government buses. A few of the schools had declared a holiday and told parents that they would conduct special classes to compensate for the loss of classes on Monday.

Airport travellers hit

Travellers heading to Bengaluru International Airport were severely affected as taxis were not available. Former cricketer Anil Kumble was among the affected passengers who had to take a BMTC bus to reach his destination. Many of them who landed at the airport were unaware of the bandh and had a tough time as not all the areas were provided connectivity by BMTC buses from the airport. Many had to take buses to the Majestic bus stand and from there took connecting buses to their homes.

Violent incidents

Violent incidents were reported during the bandh. A taxi driver transporting a passenger to the airport was stopped, physically assaulted, and subjected to verbal abuse by protesters. Autos carrying passengers were also targeted, with vehicles damaged and drivers assaulted. Bike taxi operators faced similar attacks, and a cab driver was seen in tears after being forced out of his vehicle. Overall, police have booked 13 cases and detained 12 people.

Stepping in

To mitigate the impact of the bandh, BMTC and Metro services stepped in to transport passengers. BMRCL increased the frequency of trains, reducing the gap between each train to 5 minutes from the earlier 10 minutes, as people flocked to Metro stations due to the absence of private transport.

7,464 Dengue cases reported in State

Dengue cases in Karnataka are on the rise, with a total of 7,464 reported cases as of September 5. Bengaluru leads with 4,087 cases, followed by Mysuru with 430, Udupi with 268, Shivamogga with 198, Kalburagi with 162, Vijayapura with 160, Belagavi with 149, Chitradurga with 146, Hassan with 139, Tumakuru with 122, and Dharwad with 115 cases.

In response to this alarming surge, Chief Minister Siddaramaiah issued an appeal on Monday, stressing the importance of maintaining hygiene in homes and surroundings in light of the increasing dengue cases in Karnataka and the state capital, Bengaluru. He highlighted that over 7,000 dengue cases have been reported in the state, with more than 4,000 in Bengaluru alone. The government has initiated precautionary measures, including chemical spraying to control mosquitoes and addressing water logging issues to curb the disease's spread.

Health Minister Dinesh Gundu Rao reported that Bengaluru alone has recorded 4,427 dengue cases this year. To monitor and manage these cases, an app developed by the IISc will be used. In Bengaluru, 1,649 dengue cases were reported in July, 1,589 in August, and 416 cases were reported until the last week of September. Stagnant rainwater is contributing to the disease's spread.

"To combat the dengue surge, our government has launched a disease surveillance dashboard and mobile application in collaboration with the Indian Institute of Science's AI and Robotics Technology Park (ARTPARK@IISc), to assist policymakers and public health officials in outbreak preparation and disease control activities." official said. — BMB

IISc team develops nanoparticles to tackle cancer

Scientists at the Indian Institute of Science (IISc) have developed a new approach to potentially detect and kill cancer cells, especially those forming solid tumour masses. They have achieved this by creating hybrid nanoparticles comprised of gold and copper sulphide, capable of both killing cancer cells using heat and facilitating their detection through sound waves.

Copper sulphide nanoparticles have previously received attention for their potential in cancer diagnosis, while gold nanoparticles, which can be chemically modified to target cancer cells, have demonstrated anticancer effects. In their latest study, the IISc research team combined these two nanoparticle types to create a hybrid solution.

According to the researchers, these particles have photothermal, oxidative stress, and photoacoustic properties

"When light is shined on these hybrid nanoparticles, they absorb the light and generate heat, which can kill cancer cells. These nanoparticles also produce singlet oxygen atoms that are toxic to the cells. We want both these mechanisms to kill the cancer cell," said Jaya Prakash, assistant professor at the Department of Instrumentation and Applied Physics (IAP), IISc, and one of the corresponding authors of the paper.

The researchers say that the nanoparticles can also help diagnose specific types of cancer. The photoacoustic property of these nanoparticles enables them to absorb light and generate ultrasound waves, offering a high-contrast method for detecting cancer cells once the nanoparticles reach them. The ultrasound waves generated from the particles allow for a more accurate image resolution as sound waves scatter less when they pass through tissues than light. Scans created from the generated ultrasound waves can also provide better clarity and can be used to measure the oxygen saturation in the tumour, boosting their detection.

Previously developed nanoparticles have limited applications because of their large size. The IISc team used a novel reduction method to deposit tiny seeds of gold onto the copper sulphide surface. The resulting hybrid nanoparticles less than 8 nm in size can potentially travel inside tissues easily and reach tumours. The researchers believe that the nanoparticles' small size would also allow them to leave the human body naturally without accumulating, although extensive studies have to be carried out to determine if they are safe to use inside the human body.

"This approach can be integrated with existing systems of detection or treatment, which includes standalone CT and MRI scans," said Ashok M Raichur, professor at the Department of Materials Engineering, IISc and another corresponding author of the study published in ACS Applied Nano Materials journal.

> **"When light is shined on these hybrid nanoparticles, they absorb the light and generate heat, which can kill cancer cells**
>
> –Jaya Prakash, one of the authors

The team has tested the nanoparticles on lung cancer and cervical cancer cell lines in the lab. They now plan to take the results forward for clinical development.

—BMB

SEBI brought amendments to benefit Adani: Petitioner

Adani-Hindenburg matter: Regulatory body suppressed important facts from Supreme Court, slept over DRI alerts, Apex Court told

#NEW DELHI

One of the petitioners in Adani-Hindenburg matter has filed an affidavit before the Supreme Court claiming that the Securities Exchange Board of India (SEBI) brought a series of amendments only to benefit the Adani Group and the market regulator has a conflict of interest in investigating the violations of law committed by it.

The affidavit sworn by Anamika Jaiswal alleged that not only has the SEBI suppressed important facts from the Supreme Court and slept over DRI (Directorate of Revenue Intelligence) alerts, but there is also an apparent conflict of interest in SEBI conducting Adani investigation.

"Mr. Cyril Shroff Managing Partner, Cyril Amarchand Mangaldas has been a member of SEBI's Committee on Corporate Governance, which looks at offences like insider trading.....Cyril Shroff's daughter is married to Karan Adani, son of Gautam Adani, showing clear conflict of interest," said the affidavit, adding that 5 out of the 24 SEBI investigation reports on Adani group companies are on insider trading allegations. The affidavit further claimed that the frequent amendments brought in to the regulations and definitions have "provided a shield and an excuse to the Adani Group, due to which their regulatory contraventions and price manipulations remained undetected".

The logo of the Adani Group is seen on the facade of its Corporate House on the outskirts of Ahmedabad (File photo)

It said that all 24 investigation reports prepared by the SEBI should be made available to the Expert Committee appointed by the Supreme Court and to all the petitioners, adding that the market regulator has failed to either detect or act against violations in a timely manner and thereby, causing financial losses to unsuspecting small investors which run into crores.

The Adani-Hindenburg matter is likely to be taken up for hearing by a bench headed by CJI D.Y. Chandrachud on September 15, as per the details available on the website of the Supreme Court.

On August 25, the market regulator, in a fresh status report, said that it had examined 24 matters in compliance with orders of the top court, adding that the SEBI will take appropriate action based on the outcome of the investigations in the Adani-Hindenburg matter. **-IANS**

Nifty: 20,000 & counting as retail seen fuelling rally

#BENGALURU

India's stock market investors have a lot to cheer about as the country's economic strength keeps foreign investors tethered, while local inflows underpin a rally that lifted the benchmark Nifty 50 to 20,000 points for the first time on Monday.

The Indian economy grew 7.8% in the April-June quarter and is expected to expand nearly 6.5% in the current financial year, making it one of the fastest growing major economies of the world.

The strong resurgence in India's macroeconomic fundamentals and a pronounced slowdown in China's economy have kept foreign portfolio buyers invested in Indian stocks.

Foreign portfolio investors (FPIs) have bought shares worth 1.57 trillion Indian rupees ($18.93 billion)on a net basis so far in fiscal 2024. In contrast, they sold shares worth 376.32 billion rupees on a net basis last year.

"The way China has disappointed foreign investors, there's a case for increased reallocation of foreign assets from China to India," said Pramod Gubbi, founder at Marcellus Investment Management. As a result, both the Nifty 50 and the BSE Sensex have risen more than 10% each so far this year. The Nifty gained as much as 0.95% on Monday to top the 20,000-mark for the first time, before closing 0.89% higher at 19,996.35. Domestic institutions have bought 1.17 trillion rupees worth of shares so far in 2023.

People walk past the National Stock Exchange building

Retail is the "backbone"

Retail investor interest has steadily soared over the past two years as the indexes sailed higher.

India's equity mutual fund schemes have recorded net inflows for 30 months in a row and contributions through systematic investment plans (SIPs) - regular payments into mutual funds - hit a record 158.14 billion rupees in August. "While the FPI flows have been strong, the backbone of the market is the retail investor," said Sanjiv Bhasin, director at IIFL Securities.

-- Reuters

'Modi govt can now turn to domestic issues'

#NEW DELHI

Congress president Mallikarjun Kharge on Monday said that with the G20 Summit now over, the Modi government should turn its attention to domestic issues like inflation, unemployment and Manipur violence.

He claimed that the people have started paving the way for the BJP-led government's departure in the 2024 general elections. In a post in Hindi on X, Kharge slammed the government over the rise in prices of essential commodities and the "increase" in unemployment.

He alleged that Prime Minister Narendra Modi is trying hard to "conceal" the truth, but the public wants to hear and see the truth instead of paying attention to distracting issues.

"Now that the G-20 meeting is over, the Modi government should turn its attention to domestic issues. Inflation: The price of the common 'thali' increased by 24% in August. Unemployment: The unemployment rate in the country is 8%. The future of the youth is bleak," Kharge said.

He alleged a "flood of corruption under the misgovernance" of the Modi government. "The CAG has exposed BJP in many reports, Rs 13,000 crore Jal Jeevan scam has come to light in J&K," he claimed. He said violence has again started in Manipur in the last few days. He said Himachal Pradesh is reeling from natural calamity, but the government is avoiding declaring it a national disaster. **-PTI**

Royal welcome

Saudi Arabia's Crown Prince Mohammed bin Salman inspects the honour guard during his ceremonial reception at the Rashtrapati Bhavan presidential palace in New Delhi on Monday

Trudeau here, Khalistani separatists hold 'referendum' in Canada

#VANCOUVER

Even as Canadian Prime Minister Justin Trudeau was in India for the G20 Leaders' summit on Sunday, Khalistani secessionists held a so-called 'Referendum' in Surrey, British Columbia.

Designated terrorist Gurpatwant Singh Pannun, the founder of the banned Sikhs for Justice (SFJ), was present at the gathering of the Khalistani separatists held at the Guru Nanak Singh Gurudwara in Surrey, Vancouver.

In a provocative speech, Pannun used intimidating language against Prime Minister Narendra Modi, External Affairs Minister S Jaishankar and other leaders. He claimed that the separatists were challenging the territorial integrity of India.

Prime Minister Modi had on Sunday raised "strong concerns" about the continuous "anti-India activities" by extremist elements in Canada in his pull-aside meeting with Canadian PM Justin Trudeau.

Prime Minister Modi stated that it was essential for the two countries to cooperate in dealing with such threats.

"The Prime Minister conveyed our strong concerns about continuing anti-India activities of extremist elements in Canada. They are promoting secessionism and inciting violence against Indian diplomats, damaging diplomatic premises, and threatening the Indian community in Canada and their places of worship," the Ministry of External Affairs (MEA) said in a statement.

Canada's Prime Minister Justin Trudeau (C) arrives to attend a press conference after the closing session of the G20 summit in New Delhi on Monday

It added, "The nexus of such forces with organized crime, drug syndicates and human trafficking should be a concern for Canada as well. It is essential for the two countries to cooperate in dealing with such threats". Prime Minister Modi also mentioned that a relationship based on mutual respect and trust is essential for the progress of the India-Canada relationship."

After his meeting with PM Modi, Trudeau in a news conference said that he had many conversations with PM Modi on the issue of Khalistan extremism and "foreign interference", and Canada would always defend freedom of expression, and at the same time will always be there to prevent violence.

He further emphasized that the "actions of the few" do not represent the entire community or Canada. "Both the issues came up. Over the years, with PM Modi, we have had many conversations on both of those issues," Trudeau said. **-ANI**

Volunteers took all care of new furry friend

CONTINUED FROM PAGE 1

A few KRS volunteers decided to call the dog Prakruthi. "It was so comfortable with us during the padayatra. We arranged a vehicle for it on the highway to keep it safe.

We took Prakruthi to a veterinary clinic in Hassan where it was vaccinated against rabies," said Reddy. Karnataka Rashtra Samiti general Secretary Deepak CN told BM that Prakruthi did not trouble the volunteers during the padayatra. "We used to feed it during the padayatra. We used to serve the food that we were eating. It used to run to drink water whenever it came across a pond. We were happy with Prakruthi," said Deepak.

Many animal activists appreciated the KRS volunteers for taking care of Prakruthi who came all the way from Dharmasthala to Bengaluru. "I think the dog has a special bonding with the KRS volunteers," said Deepak Solanki, an animal feeder.

Prakruthi is seen comfortable with KRS president Ravi Krishna Reddy and others

Appreciating KRS volunteers for looking after Prakruthi, Deepthy MG, an advocate, said Bengaluru and the people of Karnataka are proud to claim the city dwells with a compassionate public compared to other cities across the country where animals feel safe to be part of the city's urban life.

"It is now part of the legal system and law makers of the state ensure that Prevention to Cruelty to Animal laws are strictly implemented and more awareness programs are conducted to put a stop to man and animal conflicts," said Deepthy.

Describing it as a beautiful example of a Shvana Yatra, an animal walking 100s of miles with 100s of people from Dharmasthala to Bengaluru unaware of the purpose of the yatra, Dr Jagadish Mittur said the love that evolved between this Shvana, a stranger to the rest, and the marchers, is a clear example driven by nature offering an opportunity for us the rich and poor humans to respond with affection which can then be extended towards all other animals.

"This is a fundamental requisite for the One Health Program being championed by India and the world, which, unfortunately, can only be understood if a monetary value is put on such an animal-human-environment relationship. Rightly so, she is named Prakruthi," said Dr Mittur.

Building is ready & rotting in disuse

PICS: KAUSHIK JN

CONTINUED FROM PAGE 1

other organisations came forward and created a sketch to construct a bigger market area at a bigger site with better facilities. Finally in 2006, the old building was demolished.

And in 2015, construction of Cox Town Market began next to the government school in Cox Town. While the construction has been completed, no orders have been passed for the vendors or shop owners to shift to the complex.

When BM visited the market, we found some petty shops, and vegetable and meat shops on the footpaths. When people came to buy vegetables or meat, they would have to park their vehicles on the road and stand in front of the shops. This would cause hindrance in traffic. There was also no space for the pedestrians to walk. The residents pointed out that the situation is even worse during the weekends in the morning when there are many buyers and the road is almost blocked by vehicles parked haphazardly and those commuting through the stretch find it difficult to pass by.

A resident of Cox Town said on condition of anonymity, "There is absolutely no space to walk here. There is a government school here and the children do have basic footpaths to walk on. It is extremely risky for the children. I even came across an incident where a school girl was almost hit by a vehicle speeding from the other side, but luckily nothing happened. After that incident, it has raised more concerns. Even senior citizens are deprived of using the footpath. We can't keep walking on the road as this stretch is already congested."

This correspondent then visited the new market complex where spaces for shops have been constructed but all the shops are shuttered. According to the residents there are about 26 shops on one side for the vegetable and fruits and the other side for sale of meat. The complex also had facilities like toilets and even wash areas for the complex users. However, electrical and water works are not completed yet. This apart, the allotment and rent fixation for the shopkeepers has not been given yet.

"It has been more than a decade now and we are still waiting for a dedicated market. All the shopkeepers and vendors are even ready to move, but the BBMP has not given them any date. We have continuously raised this issue in ward meetings with all the BBMP officials, but now many have even gotten transferred. But nothing is done. Repeated pleas to the MLA of CV Nagar constituency S Raghu have gone in vain, with only assurances given that they complete the pending works and open it soon, but years have passed and we are hearing the same thing," said another resident.

One of the shopkeepers at the market said they are all ready to shift but the BBMP is delaying the process. "Currently, we have 22 shops here and in the new space, 26 shops have been built. Four shops were allotted to an outsider and when we questioned the elected representatives we were told they can allot it to anybody and we would get our shops as well. We were asked to produce documents of the rent we are currently paying to BBMP for the shops and trade licences. We are ready to show the documents as well but the officials are not coming forward to allot us the stores."

When asked, a BBMP official handling BBMP markets, told BM that they are new to the post and did not have any details about it. Repeated calls to MLA Raghu went unanswered. BBMP zonal officials of East zone were also unavailable for a comment.

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CHANGE OF NAME

I, Yamnoor Hiragannawar S/o Prakash Hiragannawar R/o No.6, Sai Nilayam Doddabommasandra,Bangalore-560097 declare that "Prakash Hiragannawar" and "Prakash Yamanappa Hiragannawar" both names belong to my father and both are same person.

I, Omprakash Babulal S/o Babulal Prajapathi@Babulal M residing at No.48, 13th Cross, Muneshwara Nagar, Ullal main road, Bangalore-560056 have changed my name to OMPRAKASH PRAJAPATHI, vide affidavit dt: 13.09.2023 before notary Renuka.C, B.lore.

I, Shweta Singhvi D/o Late Surendra Chand Singhvi W/o Rahul Kothari R/o T-677, Crimson Block, Brigade Lakefront, Seethrampalya, Bangalore 560048, have changed my name after marriage to Shweta Rahul Kothari

I Sangeetha Veeramani Chidamparan W/O, Sandip Panda R/o #4 Orange Tree, Brookefield, Near Ryan International School, Kundalahalli, Bengaluru - 560037 have changed my name to Sangeetha Veeramani Chidambaram.

I, Shreekala Chandrashekar w/o Chandrashekar Muttanna R/o 15, 2nd Cross, Manjushree Layout, Varanasi Kr Puram, B'luru-560036 have changed my name to Shreekala Muniraju affidavit Dt.11/09/2023 notary Harisha G, B'luru

I, Joseph Abhishek. R/a 59. 10th Main, 1st Cross, Makkunt amma Nagar, Dodda Banaswadi, B'lore 56043. I have changed my name to Joseph Abhishek James. Vide affidavit dated 11-09-23 sworn before notary Uday Kumar K B'lore,

I, MOHAMMED SULEMAN SALIM R/at No.409, 13th Cross, near Al Shifa Medicals liyaz Nagar, Bangalore-560078 have changed my name to MOHAMMED SULEMAN, vide affidavit dt: 08.09.2023 before notary R. Basavaraja, B.lore.

I, JALEEL SHAIK HAYDER, residing at No.407, 5th Cross, Gangondanahalli, Bangalore - 560039 have changed my name to Shaik Jaleel for all purposes.

I, SHAHIDA R/at No.33, 1st Main Road, Krishna Reddy Layout, J.P.Nagar, Bangalore-58078 have changed my name to SHAHIDA KHALEEL, vide affidavit dt: 08.09.2023 before notary R. Basavaraja, B.lore.

I Paras Sharma S/O, Ramesh Bhagwandas Sharma R/o 39/a Guru Mandir Sindhi Colony, Cox Town Assaya Road Bangalore 560005 have changed my name to Paras Ramesh Sharma

I, Shiva Kumar S S/o Narayana R/o #434 , 3rd cross , Channakeshava Nagar, Hosaroad , B'lore -560100 have changed my name to Shiva Kumar for all purposes

I Tanuja Krishna Kumar D/O, Krishnappa R/o #136, Kodangi Koppalu, Holenarasipur, Hassan-573211. have changed my name to Thanuja Krishnappa.

I Sanaulla Abdul Hameed W/O, Zaith Nisha Sanaulla R/o No 483 6th Cross Sonnappa Garden Dj Halli, Bengaluru - 560045 have changed my name to Sanaulla.

LOST & FOUND

I, Ashok Gurram, R/o #21 House No.102, Nyanappana halli, Behind Medplus, DLF Newtown Bengaluru - 560068 have lost my original Sale Deed No. 6689/2013-14, Book-1, Stored in CD No. KEND542 dated 24.09.2013, while shifting my house from Devarachikka nahalli to Akshay Nagar DLF Newtown on 06.09.2023. Have given police complaint with ref no. 0716368/2023, Doc Reg no. 3510/2014-2015, dated 06.09.2023. If found contact on 9916790056.

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HEALTH TIP: Though headaches can occur for a variety of reasons, it is a good idea to monitor your blood pressure if you have persistent headaches

Flaxseeds are packed with fibre, omega-3 fatty acids, and lignans, which make them good for digestion

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FEVERISH FIGHT

Find out how fever helps thwart infection

When you're sick with a fever, your doctor will likely tell you it's a sign that your immune system is defending you against an infection. Fever typically results from immune cells at infected sites sending chemical signals to the brain to raise the set point of your body's thermostat. So, you feel chills when the fever starts and feel hot when the fever breaks.

However, if you were to ask your doctor exactly how fever protects you, don't expect a completely satisfactory answer.

Despite scientific consensus that fever is beneficial in fighting infections, exactly how is contentious. We are a veterinary pathologist and an emergency physician interested in applying evolutionary principles to medical problems. The evolution of fever is a classic conundrum because fever's effects seem so harmful. Besides making you feel uncomfortable, you may also worry you'll dangerously overheat. It is also metabolically costly to generate that much heat.

In our research and review, we propose that since fever occurs throughout much of the animal kingdom, this costly response must have benefits or it never would have evolved or been retained across species over time. We highlight several important but rarely considered points that help explain how the heat of fever helps your body fight infections.

How fever fights infection

Infections are caused by pathogens. Pathogens can be microbes such as certain species of bacteria, fungi or protozoans. If microbes or viruses have infected your cells and are using them to replicate, your own cells can also be considered pathogens and are treated that way by your immune system.

The main explanation for how fever helps control infections is that higher temperatures put heat-induced stress on pathogens, killing them or at least inhibiting their growth. But why would the somewhat higher body temperatures of fever – an increase of about 1.8 to 5.4 degrees Fahrenheit (1 to 4 degrees Celsius) – which can't even kill your own healthy cells, harm such a wide variety of pathogens?

Immunologists have noted that slight heat makes immune cells work better. The implication is that fever is needed to enhance their defensive function. However, from an evolutionary perspective, it seems strange to require the massive energy cost of generating a fever just to get more activity from immune cells, especially since there are already plentiful and faster molecular signals available to activate them.

In addition to heat, slightly low oxygen levels and slight acidity also boost immune cell function. Since these stressful conditions also occur at infected sites, it makes sense that immune cells evolved to have their maximum functionality match their stressful working conditions. In fact, since anything in a state of growth is inherently vulnerable to stress – and pathogens are typically growing – researchers, including one of us, have proposed that a function of immune cells is to actively make local conditions stressful to preferentially harm the growing pathogens.

Heating up pathogens locally

Inflammation is a local defensive response to infection. It typically involves heat, pain, redness and swelling in the areas where the immune system is most active. While some scientists are aware that infected sites generate heat, many believe that the feeling of warmth from inflammation is only from dilated blood vessels bringing in warmer blood from core body tissues.

However, researchers have found that inflamed tissues, even in core body tissues, are up to 1.8 to 3.6 F (1 to 2 C) warmer than adjacent normal tissues, so warmth is not just a byproduct of more blood flow. Much of that extra heat is coming from the immune cells themselves. When they generate reactive oxygen species to kill pathogens in a process known as the respiratory burst, substantial heat is also produced. To date, however, the temperatures involved have not been measured.

While cells can tolerate a wide range of temperatures, all cells experience a sharp decline in their ability to grow and survive at higher temperatures. For mammalian cells, and presumably the pathogens that infect them, even a single degree or two above temperatures around 113 F (45 C) is almost always deadly. So the heat of fever adds to already warmer local temperatures.

There is evidence that pathogens are exposed to temperatures that are much higher than the body temperature routinely measured with a thermometer in the emergency department. A 2018 study finding that local temperatures can be as high as 122 F (50 C) in mitochondria – the powerhouse of the cell – came as a surprise to researchers. The heat mitochondria generate is put to good use in warming the body and for fever. Likewise, we suggest that the local heat the respiratory burst produces at the surface of immune cells helps kill pathogens.

Heat and other stressors

Immune cells target pathogens with a variety of stressors meant to kill or inhibit them. These include reactive oxygen species, toxic peptides, digestive enzymes, high acidity and nutrient deprivation. Most chemical reactions are sped up by increased temperatures, so it isn't surprising that heat enhances these defenses.

Researchers have shown heat to be synergistic with low oxygen and acidity in killing pathogens. Notably, neither febrile temperatures nor iron restriction on their own were able to inhibit the growth of the infectious bacteria Pasteurella multocida, but they could when combined. The stress of heat doesn't act alone when controlling infections.

The standard view that the heat of fever kills pathogens and enhances immune responses is correct but incomplete. Fever's ability to control infections comes from the few extra, but critical, degrees it adds to enhance existing locally generated heat to harm vulnerable growing pathogens. And fever also always acts with other defenses, never alone. At over 600 million years old, fever is an ancient feature of life on this planet that deserves respect. In fact, you owe it to infection-fighting heat that you are still here – alive – to read this. Something to think about the next time you're sick.

Edmund K LeGrand, University of Tennessee and Joe Alcock, University of New Mexico, The Conversation

All you need to know about...

Therapeutic psychedelic

Depression treatment
Amid ongoing debate by countries to legalise psychedelic drugs, researchers in a new study discussed the therapeutic use of psychedelics -- focusing on the use of psilocybin for treatment of depression.

What is psilocybin
Psilocybin is a naturally occurring psychedelic substance found in so-called "magic mushrooms." Many recent clinical trials have reported positive effects of psilocybin in treating psychiatric disorders, including major depressive disorder (MDD) and treatment-resistant depression (TRD).

Perspective needed
"At a time of growing excitement regarding the potential use of psychedelic agents to improve outcomes of otherwise intractable disorders, psychiatrists and patients alike need perspective on the current state of the evidence and the prospects moving forward," said lead author Amir Garakani, from the Department of Psychiatry at the Yale School of Medicine, in Connecticut, US.

How it may work
"Studies suggest that psilocybin leads to increased "openness to experience" and psychological flexibility -- enabling patients to "reconsider stereotyped perspectives and move beyond accustomed patterns of thinking."
Research into psilocybin's biological effects suggest increased activity between brain networks, without corresponding increases within single networks. Greater changes in brain network flexibility have been linked to lasting reductions in depression symptoms six months later. Overall, "psilocybin has demonstrated promise as a novel therapeutic and offers new perspectives on the function and dysfunction of the brain," to the researchers. —IANS

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Kakuro

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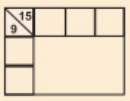

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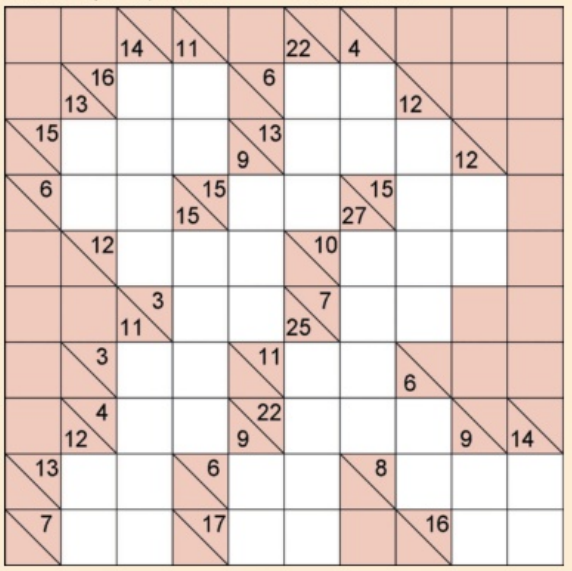

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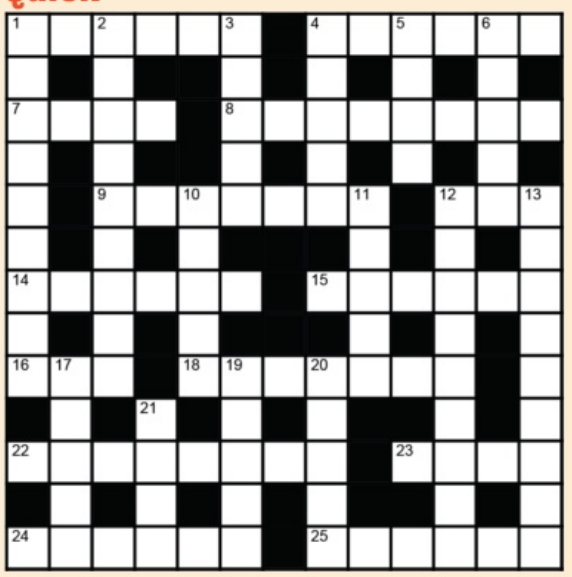


ACROSS

1 Composed and staid (6)
4 Tastelessly showy (6)
7 Plunder (4)
8 Yearned after (8)
9 Insisted on and obtained (7)
12 Indian rule (3)
14 Puts in position (6)
15 Loss of speech (6)
16 Biblical pronoun (3)
18 Found in water (7)
22 Irritating or disturbing (8)
23 Avatar of Vishnu (4)
24 Larynx site (6)
25 Showed off (6)

DOWN

1 Area famous for its invitation card shops (9)
2 Arabian camel (9)
3 A code of moral conduct? (5)
4 Partition (5)
5 State positively (4)
6 Dog-like carnivore (5)
10 Betel palm (5)
11 Earthenware (5)
12 Unwilling (9)
13 New state carved out of Bihar (9)
17 Intuitive guess (5)
19 Silent (5)
20 Acute anxiety (5)
21 In ___ : completely? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS W

ABDU AD IDHDHRDI AD FID FMM HFO, PBD HQEPDIVDE OVEFNNDFI FUO MVYD EPFUOE DTNMFVUDO.

Linemaro

I am writing a term paper on the fine things oflife, and was wondering if I could interview you

Mindchow

Strive not to be a success but rather to be of value

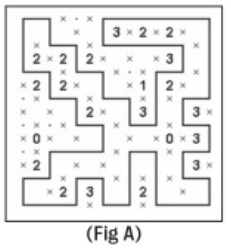
Joke of the day

I would like to help you out. Which way did you come in?

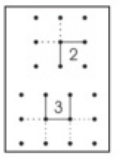
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



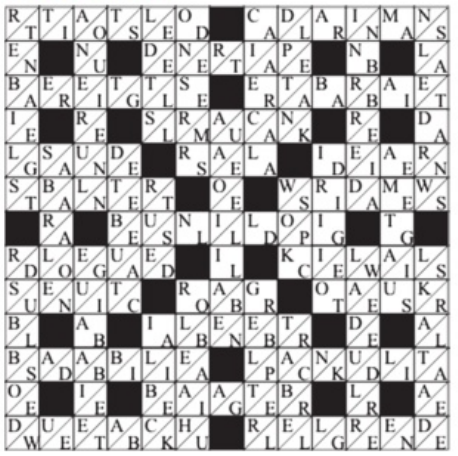
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4 G	5
6				
7				
8				
9				

ACROSS

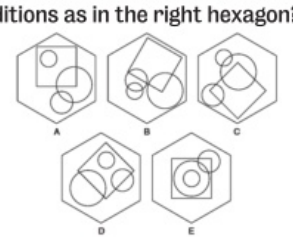
1 Rig at; 6 Mo hic;
7 No pig; 8 Ion in;
9 Tacos

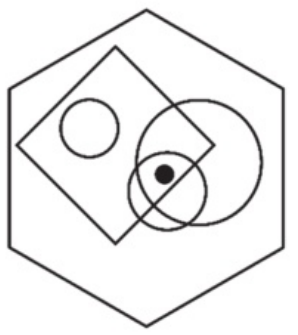
DOWN

1 Optic; 2 Hi Ron;
3 Amain; 4 To gig;
5 Coins

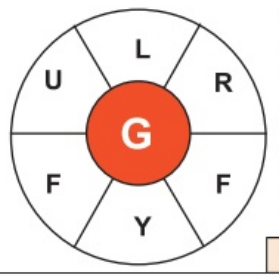
Mensapuzzle

To which hexagon below can a dot be added so that it then meets the same conditions as in the right hexagon?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; **04** Good; **05** Outstanding

SudokuChallenge

	3		4		8		6	
7								5
		1				9		
	1	7	9		4	6	8	
8			1		2			4
	4	2	6		3	1	5	
		3				5		
2								3
	8		2		7		1	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

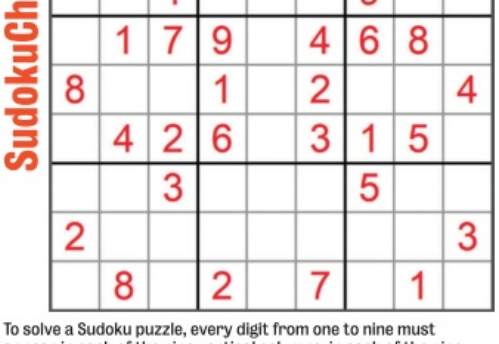
Easy = 16
6 7 8 9

Medium = 54
2 2 3 7

Hard = 13
2 5 6 3

Hocusfocus

Find at least six differences in details between panels.



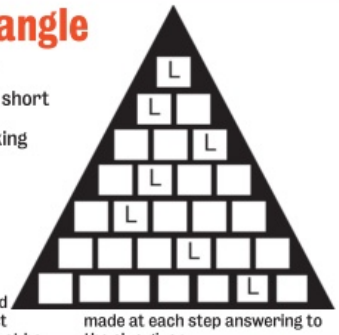
Differences: 1. Collar is different. 2. Bow is added to middle dog. 3. Pinky is moved. 4. Mattress is thicker. 5. Picture frame is different. 6. Mouth is open.

Riddler

The owner of Senior Pete's Pizza decided to celebrate his birthday by giving away free pizza to anyone who can solve his puzzle: If a pizza's radius is defined as "z" and it's depth defined "a", then what is that pizza's volume? Can you answer Pete's puzzle correctly?

Alpha triangle

1 Litre
2 Lutetium symbol
3 Web address, for short
4 Lose focus
5 Say without thinking
6 Manservant
7 Inconvenience



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

POKEY SNITCHED MY PIPE AGAIN!
HE'S GOING TO GET A GOOD SPANKING WHEN I FIND HIM!
SPANKING? I WAS SORTA HOPING FOR THE DEATH PENALTY!
MEL/CASSON
6-22

Bizarrotrip

BIZARRO.COM ©2023 BIZARRO STUDIOS
I get it. My mother is always asking me when I'm going to have children.
Wayno & Piraro 7-4-23
Dist. by King Features

Diamond Lil

Hart of the city

DID YOU HEAR THAT JACOB CALLED ME WEIRD-LOOKING IN ART CLASS?
WHAT?! WAIT TILL I SEE HIM!
YOU KNOW WHAT, WHY WAIT?
HEART, NO! AT LEAST WAIT UNTIL CLASS IS OVER!!
HEART OF THE CITY © 2023 ANDREWS MCMEEL
ANDREWSMCMEEL.COM
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

CAN YOU TELL ME YOUR THINKING BEHIND CHOOSING TO REOPEN THE VALENTINE WITH 'LISA'S STORY'?
IT'S PRETTY SIMPLE, REALLY...
lisa's story
IT'S THE MOVIE I HAVE THE DEEPEST ATTACHMENT TO!
lisa's story
BATIUK & DAVIS tombatiuk.com/books
6-30

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may implement your business plans with the help of your strong network. You may get a big order with the help of wisdom. There may be a good understanding between you and your spouse, which may increase harmony in your domestic life. Love birds may enjoy their happy moments.

Taurus Apr 21 – May 20
Today's messy situation is under control. You are blessed by the moon. You may initiate your postponed work. With the blessing, you may get rewarded for your hard work. There are some gains in your business that may boost your finances. You may spend money on artefacts or literature. You may also plan for overseas travel.

Gemini May 21 – Jun 21
Today you may not feel well; you might have health issues. That may affect your profession and domestic life. You are likely to be upset due to your spouse's health issues. Your patience may be tested many times. You are advised not to make investments in new business projects; otherwise, you may face losses. Students are advised to avoid fantasy and should work hard in their studies.

Cancer Jun 22 – July 23
Today you are blessed by the moon; you may be able to make quick professional decisions. You may expect to get new opportunities in terms of business, which may boost your confidence level. You are likely to start some new innovations with the help of your partner, which may increase your business in the near future.

Leo Jul 24 – Aug 23
Today you are blessed by the moon. You may perform well at work, and you may expect some promotions or transfers in terms of gains. You may also plan to change your current job. Your relations with the boss may be boosted now. Chronic health issues will be resolved now. That may make your family happy.

Virgo Aug 24 – Sep 23
Today things will be under control. You will enjoy your work, and your focus will be good, which will reflect in your way of working. Your wisdom will help you make difficult decisions in your profession. Your past investments will start paying now.

Libra Sep 24 – Oct 22
Today you may be disappointed with the current position at work or home. You may not enjoy your moment. You may spend your hard-earned money on buying some worthless stuff, which may affect your savings. You are likely to plan for migration from your current place. You are advised to take care of your parents' health.

Scorpio Oct 23 – Nov 22
Today you may make decisions very quickly, which may give benefits in your day-to-day life. You may make some difficult decisions with the help of your colleagues, and you are likely to achieve success easily. Property-related disputes between siblings are likely to be resolved. You may also expect some short trips.

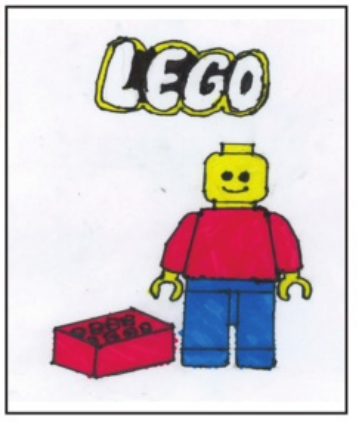
Sagittarius Nov 23 – Dec 22
Today you were advised to control your straightforwardness; your loose talk may affect people around you. You may spend your hard-earned money on buying some worthless stuff. Your mind is likely to work very fast; it is advised to make any important decision with patience.

Capricorn Dec 23 – Jan 20
Today you are blessed by the moon. The last couple of days of disappointment may now be converted into happiness. You may enjoy your professional and personal life, and your network may help you complete your postponed projects. You are likely to start some new venture with the help of your siblings, and your network may support you in every step.

Aquarius Jan 21 – Feb 19
Today you may feel negativity around you. You may feel impatient. Focus on goals is likely to be lost. Your grip on your projects is likely to slow down, which may be a reason for a loss in business or work. You may also notice some detachment from your responsibilities, which may affect your day-to-day routine.

Pisces Feb 20 – Mar 20
Today you are blessed by the moon. New sources of income are likely to open. Your past investments will now start paying off in terms of profits. Your losses will be converted into profits, which will boost your financial health. Health issues related to parents may be resolved.

KIDZONE



Mohammed Ayaan, 8 years, Bishop Cotton Boys School

Yashas, 8 years, Excellent Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
1/(4!/72) + 1/(3√/8/64)
72/4! + 1/(2/64)
3 + 32
= 35

BULL'S EYE
gruff, GRUFFLY, gUff, gUff, ugly

STRIKE OUT

R	I	O	T	E	D	■	C	L	A	I	M	S	■	■
E	N	■	E	E	R	I	E	■	N	■	E	A	■	■
B	E	■	T	■	L	E	R	A	B	B	I	T	■	■
E	■	E	A	G	E	R	■	L	■	E	■	■	■	■
B	A	B	B	L	E	■	P	A	N	D	I	T	■	■
B	■	B	A	B	N	E	R	■	D	■	A	■	■	■
U	N	I	T	■	O	A	R	■	T	A	S	K	■	■
R	O	G	U	E	■	I	■	K	I	W	I	S	■	■
■	R	■	B	U	L	L	D	O	G	■	G	■	■	■
S	A	N	E	R	■	O	■	W	I	D	E	S	■	■
L	A	U	D	■	S	E	A	■	D	E	A	N	■	■
E	■	R	■	S	M	A	C	K	■	R	■	A	■	■
E	■	E	T	■	E	■	R	A	B	B	I	T	■	■
D	E	T	A	C	H	■	L	E	G	E	N	D	■	■

FAST FIVE

T	R	A	G	I
O	H	M	I	C
P	I	N	G	O
I	N	I	O	N
C	O	A	T	S

QUOTE UNCODE
When we remember we are all mad, the mysteries disappear and life stands explained.

QUICK

S	E	D	A	T	E	■	F	L	A	S	H	Y	■	■
U	■	R	■	■	T	■	E	■	V	■	Y	■	■	■
L	O	O	T	■	H	A	N	K	E	R	E	D	■	■
T	■	M	■	I	■	C	■	R	■	N	■	■	■	■
A	■	E	X	A	C	T	E	D	■	R	A	J	■	■
N	■	D	■	R	■	E	■	E	■	H	■	■	■	■
P	L	A	C	E	S	■	A	L	A	L	I	A	■	■
E	■	R	■	C	■	F	■	U	■	R	■	■	■	■
T	H	Y	■	A	G	A	U	A	T	I	C	K	■	■
U	■	T	■	U	■	N	■	T	■	H	■	■	■	■
A	N	N	O	Y	I	N	G	■	R	A	M	A	■	■
T	O	■	U	T	■	T	O	U	T	E	D	■	■	■

MENSA PUZZLE
E: so that the dot appears in two circles and the square.

RIDDLER
Volume = (1 (radius)^2(depth)
V=pi(r)(r)(d) So...
Pizza Volume = (pi) (2^2)(a) = pizza

SUDOKU

6	8	5	2	3	7	4	1	9
2	9	4	5	1	6	8	7	3
1	7	3	8	4	9	5	2	6
9	4	2	6	8	3	1	5	7
8	5	6	1	7	2	3	9	4
3	1	7	9	5	4	6	8	2
4	2	1	7	6	5	9	3	8
7	6	8	3	9	1	2	4	5
5	3	9	4	2	8	7	6	1

ALPHA TRIANGLE
L, Lu, Ull, Blur, Blurt, Butler, Trouble.

GO FIGURE
Easy
8 – 7 + 9 + 6 = 16
Medium
7 + 2 x 2 x 3 = 54
Hard
3 + 6 x 2 – 5 = 13

LOOP

KAKURO

7	4	3	17	8	9	16	7	9
13	8	5	6	1	5	8	1	2
9	2	1	2	9	8	3	2	12
6	9	27	6	9	15	6	4	2
4	3	8	1	2	7	1	9	2
3	1	25	3	11	1	2	1	3
12	2	9	8	3	1	9	5	4
4	1	3	9	22	8	9	5	9
13	8	5	6	9	1	5	8	12
7	9	4	3	17	8	9	16	7

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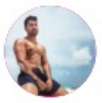

Heat is on— Varun Dhawan has always been seen in a very fit avatar and here's another proof of that. The actor recently set the temperature soaring as he dropped some shirtless pictures from the beach

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Sing along

Vikky Varun, who worked as associate director under director Duniya Suri for more than 10 years, is now a director in Sandalwood with Kaala Patthar. A function was held to launch the soundtrack of Kaala Patthar at Renukamba Preview Theater recently. The team screened bits of all five songs under the title of Sounds of Kaala Patthar.

Kaala Patthar is bankrolled by Bhuvan Suresh and Nagaraj Billinakote. "Direction is my passion and my long-cherished dream. I am grateful to the producers of this movie for helping me realise my dream. Handling the megaphone and playing the lead are not easy but I succeeded in managing both," said Vikky. Dhanya Ramkumar, the granddaughter of Kannada matinee idol late Dr Rajkumar, said that she plays a village belle in the movie. "I play Ganga, a teacher," she said.

From horror to love

Mahesh C Ammaladoddi, who helmed a female-oriented love and horror movie O – is all set with his next film, Love. The trailer of the movie scheduled for release on October 6 was launched recently. The entire team of Kannada Movie Directors' Association attended the trailer launch function.

"Making mass-oriented movies is not viable for newcomers in Sandalwood. So, I preferred the love genre. Love has already received a certificate from the Central Board of Film Certification. A real life incident is an inspiration for this film. I finished the shoot of this movie in three months," said Ammaladoddi.

Prajay Jayaram, who plays the lead, said he has been associated with Sandalwood for eight years. "I wanted to work as an associate director for this movie but director asked me to play the lead. I am happy to get this chance. This movie is set to release on October 6. I appeal to movie-goers to support this movie," said Prajay.

Vrusha Patil from North Karnataka is the female lead and Prabhakar Kundar Brahmavar, Sateesh Kanatara are part of the cast.

SUCCESS STORY

Ananya Panday hopes to keep reaching new heights

Bollywood star Ananya Panday is on cloud nine, as her latest film 'Dream Girl' is setting new records at the box office and is inching towards the Rs 100 crore club. Speaking with Mid-Day, Panday reflected on the unprecedented validation brought by the success of her latest film, Dream Girl 2.

The film holds significant commercial importance in her four-year career, which commenced with 'Student of the Year 2'. She noted the contrast between her previous urban-centric film roles, and the distinctiveness of Dream Girl 2, which has already become her highest-grossing film to date.

Sharing the screen with esteemed actors in the movie, Panday confessed to feeling a mix of elation and anxiety. She acknowledged her nervousness about delivering her role convincingly alongside the industry legends, including Paresh Rawal, Vijay Raaz, and Abhishek Banerjee, all known for their impeccable comedic timing.

Dream Girl 2, with its pan-India appeal, touched upon the universal theme of pursuing love and winning over a father, making it relatable to many across the country.

Looking ahead, Panday expressed her hunger for more box-office successes while emphasising her growing commitment to honing her craft. Her aspirations have shifted from merely desiring stardom and glamorous Bollywood song-and-dance sequences to becoming a better performer. She aims to continue improving herself and hopes that her evolving talent will be recognised by audiences. On the other hand, Ananya has projects like 'Kho Gaye Hum Kahan' in her kitty. — ETimes

Day out on the beach

Jacqueline Fernandez enjoys a huge fan base and frequently garners attention with her viral social media photos. In her latest series of pictures, she's captured enjoying her beach day with her cherished pet, Yolo. Jacqueline shared these stylish moments on her Instagram account, posing in a chic mini skirt and a polo tee in shades of white and pink.

Accompanying the photos, Jacqueline wrote, "Yolo Sunday Morning beach day!!! Thank you @mitalisalvi@anandacafe_mumbai love you guys!!" Fans flooded the comments section with praises, with one fan affectionately referring to her as their favorite actress and another simply exclaiming, "Wow, so beautiful."

In addition to her beach update, Jacqueline recently made headlines for her acquisition of a luxurious new residence in Mumbai. She has transitioned from her previous abode in Juhu, which interestingly was once owned by Priyanka Chopra to the renowned Pali Hill neighborhood in Bandra.

Surprisingly, this area is home to numerous Bollywood luminaries, including Saif Ali Khan, Kareena Kapoor, Ranbir Kapoor, and Alia Bhatt, adding to its star-studded allure.

Previously a video that was circulating on social media provided a sneak peek at the exterior of Jacqueline new home. — ETimes

Chris Evans, Alba Baptista tie the knot

Hollywood star Chris Evans is married. The actor, 42, wed Alba Baptista during a ceremony at a private estate in Cape Cod, Massachusetts.

Many of the couple's famous friends were spotted in nearby Boston for the wedding, including Evans' Marvel costars Robert Downey Jr and his wife Susan Downey, Chris Hemsworth and his wife Elsa Pataky, Jeremy Renner, John Krasinski and Emily Blunt.

Page Six was first to report the news. Hemsworth, Downey, their wives and Renner were photographed dining and chatting at the Contessa restaurant in the five-star Newbury Boston hotel. As per People, Krasinski and Blunt were seen returning from the festivities soon after midnight. A source said: "They were very happy, joking and smiling."

Evans and the Portuguese actress, 26, had been dating "for over a year and it's serious", People earlier reported.

A source added: "They are in love and Chris has never been happier. His family and friends all adore her." Baptista — who speaks five languages and is the daughter of an engineer and a translator — starred in 2022's 'Mrs. Harris Goes to Paris' and is also known for her role on 'Warrior Nun'. IANS